



Thanks4giving Run

5K RUN/1.5K WALK

THURSDAY, NOVEMBER 23, 2017

Start time: 9:00 AM

RACE LOCATION:	Shuttleworth Park, 65 Crescent Ave, Amsterdam, NY 12010
RACE START:	5K Run: 9:00 AM / 1.5K Nuba Mountain Walk: 9:15 AM / Award Ceremony: 10:00 AM
COURSE DESCRIPTION:	A slightly hilly course in and around Shuttleworth Park (see course map on registration website)
REGISTRATION	7:00 AM - 8:45 AM ARRIVE EARLY!
AWARDS:	Top three male and female receive trophy. Top three in 5-year age groups will receive medals.
PROCEEDS:	To benefit Dr. Tom Catena's Mission Work, Mother of Mercy Hospital, Nuba Mountains, Sudan.
RESULTS:	Finish Right Timing: www.finishright.com
ENTRY COST	\$15 before race day/\$20.00 race day. (The cost is purposely low so registrants can consider donating \$5, \$10, \$20 or more for Dr. Tom's mission efforts using the "Donate Now" button or sending it in your registration check) T-shirt guaranteed for those registering before November 17th on a first come first serve basis.
REGISTRATION:	Online: www.finishright.com Mail: Finish Right Timing, 30 Ironwood Drive, Saratoga NY, 12866. Make checks to "Amsterdam Thanks4giving Run for Charity"
CONTACT:	Robin Sise: 843-7128, e-mail: amsterdamrunforcharity@gmail.com
WEBSITE:	Race forms are also available online at www.amsterdamrun.com

Additional donations will be donated directly to Dr. Catena's missionary efforts!

----- Detach Here -----



ENTRY FORM BY 11/17/2017

PLEASE PRINT LEGIBLY

Name: _____ Age: _____ Sex: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (____) _____ E-mail: _____

RUN WALK

SHIRT SIZE: (check/circle One) SM M L XL XXL

WAIVER

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all event agencies, sponsors, and volunteers of the Thanks4giving Run for Charity, the City and Town of Amsterdam, Finish Right Timing and the Fulmont Road Runners Club, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Print Name: _____

Parent's Signature (if under 18): _____ **Date:** _____